



## IN-PERSON RESTON

### FULL FIDELITY DBT GROUP FOR TEENS

<u>Module</u>	<u>Entry Point</u>	<u>End of Module</u>	<u>Off Day</u>	<u>Parent Session</u>
<b>Emotional Regulation</b>	December 4 <sup>th</sup>	January 22 <sup>nd</sup>	December 25 <sup>th</sup> & January 1 <sup>st</sup>	November 19 <sup>th</sup>
<b>Distress Tolerance</b>	January 29 <sup>th</sup>	March 5 <sup>th</sup>	March 12 <sup>th</sup>	January 28 <sup>th</sup>
<b>Mindfulness</b>	March 19 <sup>th</sup>	April 30 <sup>th</sup>	April 2 <sup>nd</sup> & May 7 <sup>th</sup>	March 18 <sup>th</sup>
<b>Interpersonal Effectiveness</b>	May 14 <sup>th</sup>	June 18 <sup>th</sup>	June 25 <sup>th</sup>	May 13 <sup>th</sup>